



Education | Healthcare | Public Services

Grief & Hope Training Toolkit Overview

1. **Cultivating Hope**
 - Hope should be an active practice.
 - Small steps + shared hope build resilience.
2. **Four Tasks of Grief**
 - Accept, feel, adjust, and carry memories forward.
3. **Grief & Belonging**
 - Grief is universal, not isolating.
 - Connection restores belonging.
4. **Healthy Distraction**
 - Spot helpful vs. harmful coping.
 - Choose restorative practices.
5. **Mapping Your Grief Support**
 - Visualize networks.
 - Strengthen support, set boundaries.
6. **Metaphors of Grief**
 - Use symbolic language to reframe pain.
7. **Understanding Your Grief**
 - Physical, emotional, spiritual impacts.
 - Normalize unexpected reactions.
8. **Your Right to Grieve Your Way**
 - There is no “correct” timeline.
 - Claim personal needs and rights.
9. **Seeing Through Their Eyes**
 - Practice empathy and perspective-taking.
 - Rebuild hope through compassion.
10. **Strength Through Shared Stories**
 - “Hope Circles” spread resilience.
 - Collective storytelling sustains communities.
11. **From Eco-Anxiety to Eco-Hope**
 - Eco-anxiety = care in action.
 - Transform distress into purposeful steps.
12. **Glimmers of Hope**
 - Notice micro-moments of calm and safety.
13. **Reclaiming Your Feed**
 - Media shapes hope
 - Curate content that aligns with your values.
14. **Be the Exception**
 - Challenge negativity bias
 - Spot exceptions to hopeless thoughts
15. **Walking with Wonder**
 - Awe walking reduces stress and fosters hope.
16. **Building a Life Anchored in Hope**
 - Hope = goals + pathways + agency.
 - Systems and culture shape resilience.

The AFT is a union of professionals that champions fairness; democracy; economic opportunity; and high-quality public education, healthcare and public services for our students, their families and our communities. We are committed to advancing these principles through community engagement, organizing, collective bargaining and political activism, and especially through the work our members do.

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